



## Welcome to Yakima Valley Recovery

We are honored you've chosen Yakima Valley Recovery (YVR) as your next step in recovery. Our mission is to provide a safe, supportive, and empowering environment where you can begin or continue your healing journey. We hope you feel at home and embraced by our community of women, who like you, are choosing to live a life free from active use.

This is more than a place to stay – it's a space to grow. Our goal is to foster an atmosphere that encourages hope, personal accountability, and lasting transformation.

### What's next?

1. Add/save the following phone numbers to your phone
  - a. YVR's Surveys (206) 944-3537
  - b. Nicole, House Lead - (509) 961-9967
  - c. Teresa, House Lead - (509) 952-7065
  - d. Jeanette, YVR Woman's Program Manager (509) 910-1078
2. Follow your House Lead on a tour of your new home to include:
  - a. A tour of the house and introductions to all housemates who are home.
  - b. A trip to your assigned fridge and pantry space to find out which areas are yours.
  - c. A trip to your room so your House Lead can set up your safe code.
  - d. An introduction to the Chore Chart and how it works with the QR codes below.
3. Text Jeanette the four digit code that you used for your personal safe so it can also be assigned to the front door lockset.
4. After your things have gone through our bedbug process, please begin washing your clothes, and put all your belongings away in your room. Your meds should be locked in your safe as soon as possible.
5. Scan the QR Code in the foyer for access to the Yakima Bus Routes.
6. Scan the following QR codes to review/read to the following:



CLEANING  
INSTRUCTIONS



KITCHEN  
RULES



RESTROOM  
RULES



YVR  
RESOURCES

## The Kick-Start Period

Your first **30 days** at Yakima Valley Recovery are what we call your **Kick-Start** period. This is a time to slow down, settle in, get grounded in your new surroundings, and spend time getting to know your house mates. During this phase:

- You'll stay close to the house, only leaving for work, school, medical, dental, mental health/treatment and/or DOC appointments and meetings
- Focus on obtaining any basics you don't yet have (ID/DL, your medical card, your SS card), attending recovery meetings, completing your D&A Assessment, enrolling in IOP, obtaining a sponsor, perfecting your resume, applying for jobs, and building new daily habits.
- Your curfew is a bit earlier and overnights are not yet allowed

This brief period is designed to keep you safe and supported while you adjust – we understand that change can bring fear or the urge to flee. You're not alone. Both of our **House Leads** have been with us for a while and fully embrace what YVR offers. They'll help orient you, support your transition, and ask you to complete your Recovery Goals over the next week. Once your Kick-Start period ends, you'll be free to start working on your goals outside the house during the day, as long as your activities support your recovery. This includes obtaining employment, enrolling in school or volunteering.

Our housing model is **structured, not restrictive** – but we do hold all accountable for how they spend their time.

## What to Expect in the First 90 Days

It's common to feel a mix of emotions as the initial excitement of sobriety wears off. You may experience:

- The urge to run
- Boredom or restlessness
- Moments of doubt

These feelings are normal. We encourage you to:

- **Begin working the 12 Steps** – it's a powerful tool for transformation.
- **Check out the YVR Resources webpage** – you'll find links to a large variety of local resources
- **Ask for help** – even when it's hard.
- **Stay connected** – surround yourself with women who are serious about their recovery.
- **Keep going** – change takes effort, but you don't have to do it alone.

## Final Notes

Please read through all materials and complete any required forms. You can always review the **House Rules** inside your Sobriety Hub App – they are your guide to how Yakima Valley Recovery operates.

Most importantly, remember this: **we have an open-door policy**. If you are struggling, speak up. Come to us. You are not alone, and we are here to walk beside you.

Welcome home. We're glad you're here.

With care, YVR Staff